

Healthy Eating this Holiday Season

Holidays are a time of celebration, getting together with friends and family, and enjoying the special foods of the season. Maintaining weight during the holiday season is very important. Most of the weight people gain over the course of the year can be explained by the pounds added over the holiday season.

Maintaining your weight is a matter of balance. If you take in more calories than you burn in physical activity, you store this extra energy around your body, mostly as fat, and gain weight. To maintain your weight, you need to balance the energy you take in with the energy you burn. You do not need to balance your calories every day, but it is the balance over time that determines whether you maintain a healthy weight. If you exercise regularly, keep it up over the holidays. If you are not active now, get started and make a New Year's resolution to stick to it.

When at a holiday party, watch out for soda and other sweetened beverages. A 12 oz. can of soda can have more than 150 calories. Alcohol is also a big source of hidden calories. A single shot of liquor is nearly 125 calories. A 5 oz. glass of wine or 12 oz. beer is about 160 calories. Sweet and mixed drinks can have even more calories.

Tips for maintaining health during the holidays:

- Physical activity
- Choose foods with fewer calories
- Use smaller plates
- Eat a healthy snack before parties and events
- Limit alcohol consumption

The Madison VA offers a variety of health and wellness services for patients. For more information about the MOVE weight management program, please visit: www.move.va.gov or call 608-256-1901 ext. 11420. Additionally, for more information about the Complementary and Alternative Therapies Program: Mind/Body Practices for Health and Wellness, please contact Kristi Rietz for more information at 608-256-1901 ext 11339.

Resource: National Institute on Health at <http://www.nih.gov>

VA Caregiver Support Program

"There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

--Rosalyn Carter

More than 65 million Caregivers in this country are assisting someone who is chronically ill or disabled and can no longer care for themselves. Caregivers play a large part in the care of their loved ones, and often know the most about treatments, medications, and dietary and exercise needs. The services provided by caregivers represent 80% of all home care services. A caregiver could be a spouse, significant other, adult child, parent, family member or friend.

The VA Caregiver Support Program was developed to support caregivers of Veterans. The program offers a wide range of services to caregivers of eligible Veterans of all eras, and includes new services available to caregivers of post 9/11 Veterans. If you are caring for a Veteran you may qualify for support services through the VA. Please visit the VA Caregiver Website for: everyday tips, how to talk to health care providers, caregiver "toolkit."

www.caregiver.va.gov.

For additional information, please contact:

Jennifer Jaqua, MSW, LICSW, Caregiver Support Coordinator

(608) 256-1901 ext: 11485

-or-

National Caregiver Support Line:

1 (855) 260-3274



Well Deserved

A VA Newsletter for Women Veterans

William S. Middleton Memorial Veterans Hospital • Winter 2011 • Issue VI

Patient Resources

MOVE/Nutrition Classes

www.move.va.gov

608-256-1901 ext. 11420

Complementary and Alternative Therapies Program: Mind/Body Practices for Health and Wellness

608-256-1901 ext 11339

For more information,
please call:

Women Veterans Program
Manager

Gail Gunter Hunt, LCSW
(608) 256-1901 Ext 11687

 Department of
Veterans Affairs

Flu Season is here: Stay Healthy During This Holiday Season

The holiday season upon us and, unfortunately, along with the fun and good cheer, comes flu season.

The seasonal flu is a respiratory virus that causes mild to severe illness, and in serious cases, it can lead to death. It is often difficult to tell the difference between the common cold and the flu, as symptoms can appear to be very similar. Generally, the flu is worse than the common cold, with symptoms (such as fever, body aches, extreme tiredness, and dry cough) that are more intense than with a cold. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations like the flu can.

The best way to protect yourself against the flu is to get a flu shot. The Women Veterans Health Program at the Madison VA Hospital encourages all of our patients to get a flu shot each year. It is especially important for pregnant women and women with babies less than six months old.

At the main hospital, you may receive your flu shot without an appointment at the Patient Education Resource Center (PERC). If you receive your care at one of our Community Based Outpatient Clinics, please call the clinic to arrange a time for your flu shot. VA patients receive the flu shot free of charge.

For more information, visit: www.cdc.gov

★ Spotlight: Women's Health Team



Meet Dr. Holly Bottoms, Associate Medical Director, Women Veterans Health Program

Dr. Holly Bottoms, MD, PharmD, received a degree in pharmacy from Purdue University in 1995. She went on to graduate from the Indiana University School of Medicine in 2000 and completed a residency in internal medicine at the University of Wisconsin-Madison. In her role at the VA, Dr. Bottoms focuses on women's health and primary care. Dr. Bottoms has been a leader in coordinating training for VA Women's Health primary providers. She is truly dedicated to helping provide the "best care anywhere" for those women who have served our country. Dr. Bottoms is also an attending staff in the Madison Women's Health Continuity Clinic for Internal Medicine Residents, and is a Core Faculty member for the UW Internal Medicine Residency training program.

Dr. Bottoms lives in Madison and enjoys spending her free time with her family, including her three children.